

Diabetes Self-Management Program

The Diabetes Self-Management Workshop was developed at Stanford University Patient Education Research Center as a research project funded by The California Health Care Foundation. The primary developers of the program are Kate Lorig, DrPH, Virginia Gonzalez, MPH, Frank Villa, MPH, Katy Plant, MPH, and Diana Laurent, MPH, all of whom were at Stanford at the time of development.

Several assumptions underlie the workshop:

- People with diabetes have similar concerns and problems.
- People with diabetes must deal not only with their disease, but also with the impact this has on their lives and emotions.
- Lay people with diabetes, when given a detailed leaders manual, can teach the workshop as effectively, if not more effectively, than health professionals.
- The process or way the workshop is taught is as important, if not more important, than the subject matter that is taught.

The workshop is based on our previous work with CDSMP in English and Spanish and the Spanish Diabetes Self-Management Program. The Spanish Diabetes Self-Management Program was found to lower the HbA1c of people with type 2 diabetes as well as decrease their diabetes related symptoms.

Topics Covered

- Making an action plan
- Monitoring
- Nutrition/Healthy Eating
- Feedback/problem-solving
- Preventing low blood sugar
- Preventing complications
- Fitness/exercise
- Stress management
- Relaxation techniques
- Difficult emotions
- Monitoring blood sugar
- Depression
- Positive thinking
- Communication
- Medications
- Working with your health care professional
- Working with the health care system
- Sick days
- Skin and foot care
- Future plans